Dr. Kayla Solomon is a Canadian trumpeter, educator, and performing arts wellness advocate based in Duluth, Minnesota. She is Teaching Assistant Professor of Trumpet at the University of Minnesota Duluth, where she teaches applied trumpet and contributes to the university's instrumental music and jazz programs. Her work explores the intersection of musical expression, physical awareness, and sustainable performance practices.

As a versatile performer, Kayla has appeared in solo, chamber, orchestral, jazz, theatrical, and commercial settings across Canada and internationally. Her performance highlights include recording with the Seocho Philharmonia in Seoul, serving as lead trumpet at Valleyfair, and performing with ensembles including the Saskatoon Symphony Orchestra, Saskatoon Jazz Orchestra, and Winnipeg Jazz Orchestra. She is also co-founder of *Power of Two*, a trumpet-piano duo dedicated to championing Canadian and underrepresented composers.

Kayla's research and teaching focus on musician wellness, overuse injury prevention, and sustainable approaches to music-making, with particular interest in brass performance. She holds a Certificate in Essentials of Performing Arts Medicine through the Performing Arts Medicine Association and integrates wellness-informed strategies into her teaching and performance preparation. She is passionate about helping musicians develop not only technical and artistic skills, but also the confidence, curiosity, and self-awareness necessary for fulfilling, sustainable careers.